FOOD VALUE OF FRUIT

Prejudice Against Its Liberal Use Is Result of Erroneous Notions.

There are many popular but unfounded prejudices against the dietic use of fruits. It is generally supposed, for example, that fruits are conducive to bowel disorders, and that they are especially prone to produce indigestion if taken at the last meal. The truth is the very opposite of these notions. An exclusive diet of fruit is one of the best-known remedies for chronic bowel disorders. During the late war, large numbers of the soldiers suffering from chronic dysentery were in several instances rapidly cured when abundantly supplied with ripe peaches. Fruit juice may be advantageously used in both acute and chronic bowel disorders. Care must be taken, however, to avoid fruit juices which contain a large amount of cane sugar. Juices of sweet fruits should be employed, or a mixture of sour and sweet fruit juices, or acid fruit juice may be sweetened with malt honey or maltose, a natural sweet produced from cereals. Raisins, figs, prunes, sweet apples and pears may be mixed with sour fruits.

Indigestion sometimes results from the use of fruits in combination with a variety of other food substances; but fruits taken alone constitute the best possible menu for the last meal of the day. The combination of fruit, sugar, cream, bread, butter, cake and pie may well produce bad dreams and a bad taste in the mouth in the morning. The use of fresh or stewed fruit alone without any addition whatever will produce no disturbance, and will leave no unpleasant effects behind to be regretted in the morning. Very acid fruits sometimes disagree with persons who have an excess of acid and those who are suffering from chronic inflammation of the stomach; but with these exceptions, there is almost no case in which fruit may not be advantageously used.

The notion that acid fruits must be avoided by rheumatics is another error which is based on inaccurate observations. The fact is, rheumatics are greatly benefited by the use of fruit. At the same time they should abstain from the use of flesh foods of all sorts, beef tea and animal broths, and all meat preparations, also tea and coffee, as well as alcohol and tobacco. It is, of course, possible for one to take an excess of acids, as one may take an excess of starch or any other food substances. Vegetable acids differ from mineral acids in the fact that they do not accumulate in the body, but are assimilated or utilized in the same way as sugar and allied substances.

Diseased Cattle for Slaughter.

A deliberate attempt to send a carload of diseased cattle for slaughter in New York was recently foiled by the State Agricultural Department. Word was received of the shipping of the stock and the car was intercepted in the railroad yards in New York by the department's agents. Of twenty cows found in the car, three were in a dying condition, and soon expired. Eight others were suffering from advanced tuberculosis, and at least three from pneumonia. It was also learned that several others of the herd had died at Utica before they could be transferred to the car on the New York train. It is intended to prosecute the shipper of the cattle.

A Substitute for Leather.

An English inventor has devised a perfect substitute for leather which can be used for boots, shoes and for every other purpose for which leather is employed. The new tissue is called wolft. It is being extensively used in England, having been adopted by the London Shoe Company especially for walking shoes on account of its coolness and its lightness. Wolft is more durable than leather and is much more waterproof, while at the same time more porous, which makes it a nonconductor, and to a large degree obviates the necessity for wearing rubbers which are needed by one whose feet are clad with leather only when the slush and mud is so deep that the feet are half buried at every step.

Frances Willard and Fashionable Dress.

Said Frances Willard in one of her last addresses, speaking of the advancement and present status of women:

"But be it remembered that until woman comes to her kingdom physically she will never really come at all. Created to be well and strong and beautiful, she long ago 'sacrificed her constitution, and has ever since been living on her by-laws.' She has made of herself an hourglass, whose sands of life passed quickly by. She has walked when she should have run, sat when she should have walked, reclined when she should have sat. She has allowed herself to become a mere lay figure upon which could be fastened any hump or hoop or farthingale that fashion-mongers show; and oftimes her head is a mere rotary ball upon which milliners may perch whatever they please—be it a bird of paradise, or beast or creeping thing. She has bedraggled her senseless long skirts in whatever combination of filth the street presented, submitting to a motion the most awkward and degrading known to the entire animal kingdom, for Nature has endowed all others that carry trains and trails with the power of lifting them without turning in their tracks, but a fashionable woman pays lowliest obeisance to what follows in her own wake; and, as she does so, cuts the most grotesque figure outside a jumping jack. She is a creature born to the beauty and freedom of Diana, but she is swathed by her skirts, splintered by her stays, bandaged by her tight waist, and pinioned by her sleeves until—alas, that I should live to say it!—a trussed turkey or a spitted goose are her most appropriate emblems."

Food Value of Eggs.

Eggs are a very nourishing food and represent two important elements, fats and proteids, in an easily assimilated form. A single egg weighs about one and one-half ounces, of which one ounce is white, or pure albumin, and one-half ounce yolk. The nutritive value of the yolk is greater than that of the white, though its bulk and weight are smaller. Its solid constituents are about one half of its fat. Fresh eggs, properly prepared, are readily digestible. The best mode of preparation is whipped raw, or cooked for twenty or thirty minutes at a temperature of about 160° (curdled). The yolks are more easily digested when boiled hard, and the whites are also easily digested when hard-boiled, providing care is used to reduce the coagulated white to minute particles which may readily be dissolved by the gastric juice.

A single egg is equal in value to a dozen oysters.

Very Dissipated.

There are a good many persons who might be said to be dissipated and "all broke up" according to the Japanese use of the word, illustrated in the following anecdote:

"They are telling in Boston of two or three Japanese students of rank who have been in the habit of dining each Sunday at the residence of one of the prominent citizens of the Hub. On a recent Sunday one was absent, and when the host asked why, one of the guests said solemnly: 'Oh, he cannot come. He very, very dissipated!' The host thought it best not to make any further inquiry at the time, but after the meal he ventured to ask the same young man in private, 'You say Mr. Nim Shi is not well?'

"'No, he not very well—he very dissipated.'

"'He hasn't been drinking?'

"'Oh, no, no! he no drunk.'

"'Not gambling?'

"'No, no gamble.'

"'May I ask what he has been doing, then?'

"'Oh, he very dissipated. He eat sponge cake allee time—he all broke up now.'"

RECIPES.

Mashed Peas With Nuts.—Soak a pint of Scotch peas overnight in cold water. In the morning drain and put them to cook in warm water. Cook slowly until perfectly tender, allowing them to simmer very gently toward the last until they become as dry as possible. Put through a colander to remove the skins. Cook the peanuts separately, drain from the juice, rub through a colander, and add to the peas. Beat well together, season with salt, turn into an earthen or graniteware pudding dish, smooth the top, and bake in a moderate oven until dry and mealy. If preferred, one-third toasted bread crumbs may be used with the peas and a less proportion of nuts. Serve hot like mashed potato.

Graham Gems.—Place one pint of cold water in a crock, add one egg; beat water, egg and a pinch of salt together. Then add 1¾ cups of white flour and ¾ cup of graham flour, beat thoroughly, and bake in a quick oven.

Irish Corn Soup.—Take one pint of cliced potato cooked until tender, add one pint of corn pulp obtained by rubbing cooked dried corn through a colander. Season with salt, add water to make a proper consistency, reheat, and serve.

Split-Pea Soup.—For each quart of soup desired, simmer one cup of split peas very slowly in three pints of boiling water for six hours or until thoroughly dissolved. When done, rub through a colander, add salt and a slice of onion to flavor. Reheat and season with one-half cup of thin cream or a spoonful of nut meal prepared as directed below. Remove the slice of onion with a fork. Serve hot with croutons.

Croutons.—Cut stale bread into small squares or cubes, and brown thoroughly in a moderate oven. Put a spoonful or two of the croutons in each plate, and turn the hot soup over them.

Baked Parsnips.—Wash, scrape and divide; drop into boiling water, a little more than sufficient to cook them, and boil gently till thoroughly tender. There should remain about one-half pint of the liquor when the parsnips are done. Arrange on an earthen plate or shallow pudding-dish, not more than one layer deep; cover with the juice and bake, basting frequently until the juice is all absorbed and the parsnips delicately browned. Serve at once.

Orange Nectar.—Extract the juice of six oranges and two lemons, being careful not to get the flavor of rind. Add enough water to make six glasses of nectar. Sweeten.

ILLINOIS STATE NEWS

WEATHER HINDERS FARM WORK

Soil too Wet to Plow, but Ground Is Ready for Planting.

The crop bulletin for the week ended May 1 says farm work has been hindered, the soil being too wet to plow, but the work is well advanced and much ground is ready for planting.

Late sown oats are coming up and are showing a good stand. Some early planted corn is up in the southern district. Plowing is well advanced in the northern district.

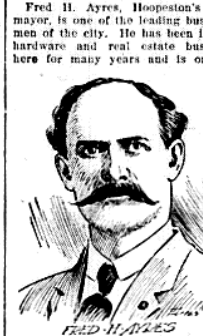
Wheat and rye have made rapid growth, and with few exceptions the crops are very promising. In the southern districts some wheat is jointing and rye is beginning to head. Stock is on pasture in all sections and ample feed is being afforded.

Reports of injury to fruit by frosts are few. The indications are for an average crop of all kinds of fruit except peaches, the trees being in full bloom.

Potatoes are making good growth. Gardens are being made in the northern district, and in the other districts they are showing well.

MAYOR GETS 50 CENTS.

Fred H. Ayres, Hoopeston's new mayor, is one of the leading business men of the city. He has been in the hardware and real estate business here for many years and is one of



the number of leading business men who take a keen interest in the welfare of that thriving temperance city. Mr. Ayres was elected on a temperance platform. The salary of the mayor is but 50 cents a year.

COAL ROADS CUT DOWN RATES

Permanent Tariff Schedule Benefits Consumer at East St. Louis.

The lines leading from the Illinois coal fields to East St. Louis have reduced the rates, meeting the competition of the Gould lines in the southern Illinois section. From the inner group of mines, including the Belleville district, the rate for shipment per ton to East St. Louis is reduced from 40 cents to 30 cents. From the outer group, the Carterville district, the rate is reduced from 62½ cents to 40 cents per ton. From the Duquoin district the rate is reduced from 47½ cents to 37½ cents. From the Murphysboro district the rate is reduced from 57½ cents to 40 cents per ton. The new tariffs will be permanent and will greatly benefit all large consumers. The rates, however, only apply to East St. Louis.

Litchfield Chautauqua.

The Chautauqua association of Litchfield has elected the following officers: President, Dr. R. F. Bennett; vice president, Dr. P. M. Kelly; secretary, Rev. E. W. Faris Holler; treasurer, Charles E. Morgan. The board of directors is composed of Dr. R. F. Bennett, Dr. P. M. Kelly, Rev. E. W. F. Holler, Chas. E. Morgan, Charles B. Munday, Jr., E. A. Baldwin, J. T. Ogle, Mrs. G. L. Settlemire and Mrs. David Davis. The Chautauqua will probably be held in Litchfield some time during the latter part of August.

Do Not Want Divorces.

Circuit Judge Dwight at Taylorville dismissed seventy-one cases from the circuit court docket for want of prosecution, and thirty-two of these cases were suits for divorce.

Pay for Fast Driving.

William Tobin, Oscar King, Barney Wowerink and William Dover, who were arrested at Quincy for fast driving, were each fined $7.75 and costs.

Fight the Union Label.

The Quincy employers' association will petition the city council to rescind the vote requiring the union label to be on all public printing.

Tax Collection Is Good.

The report of the Taylorville city water commission for the year ending April 30, 1905, shows $9,450.15 collected and $58.50 unpaid.

New Schools for Quincy.

The Quincy board of education has accepted plans from architects for the construction of two school houses. Plans for building an addition to the high school were considered too high and were rejected.

To Try for Oil and Gas.

St. Louis capitalists have leased over 600 acres of land in the vicinity of Effingham and are preparing to sink seven drills to test the indications of oil and gas that abound on every hand.

DEPUTY SHERIFF IS ZEALOUS.

Awakes Witnesses in Order to Serve Summons in Damage Suits.

Deputy Sheriff Russell of Alton has been put to hard straits to obtain service on a score of witnesses in damage suits against the Illinois terminal railway company, growing out of a wreck in which about fifty persons were injured last January. There were eighteen claims against the company, and in every instance they were compromised until only two were left. Those who had sued the company were subpoenaed as witnesses in the case of M. Rubenstein for $10,000 damages. On the day set for trial of the suit Russell started out before daylight and succeeded in serving every one of the witnesses by rousing them from their slumbers. The case was compromised when the witnesses went to Edwardsville.

ENJOINS USE OF STEAM ENGINE

Restraining Order Against East St. Louis and Suburban Railway.

Judge Holder of the St. Clair county circuit court at Belleville granted W. S. Bowler and others of O'Fallon a temporary injunction against the East St. Louis and Suburban railway company, restraining the road from operating a steam engine in the city limits of O'Fallon, under the provision that the petitioners furnish a $2,000 bond. The petition was filed, but the petitioners withdrew it for the reason that they had been unable to locate the original ordinance. It was alleged by the petitioners that the franchise only permitted the operation of the cars of the Suburban through the city with electric power.

Charter for State Line.

Articles of incorporation have been filed of the Harrisburg railway. The principal office is Chicago, and the capital stock is nominally $50,000. The road is to be constructed from the eastern boundary of Saline county westward through the counties of Saline and Williamson to Harrisburg, Marion, Herrin, Carterville and Johnston City, and thence to the western boundary line of Williamson county. The incorporators and first board of directors are Arthur W. Underwood of Evanston and Nathan S. Smyser, M. S. Somerville, Robert J. Devine and Nelson Thomason, Jr., of Chicago.

Buy Street Railway.

E. M. Mills, until recently president of the Springfield Evening News company, and Col. C. K. Minary, formerly general manager of the Springfield consolidated street railway, together with James G. McMichaels of Chicago have purchased the Benton Harbor and St. Joseph (Mich.) street railway and the electric light company's works. The purchase price is reported to have been $750,000.

Doctors Meet at Pana.

The district medical society, at its meeting at Pana, elected the following officers for the ensuing year: President, Amos Sawyer, Hillsboro; first vice president, F. J. Eberspacher; second vice president, Frank Auld of Shelbyville; secretary, R. C. Danford of Pana; treasurer, J. N. Nelms of Taylorville. About seventy-five delegates were in attendance at the meeting.

Parker to Address Lawyers.

James H. Mathenj, secretary of the Illinois state bar association, has received word from Alton B. Parker of New York accepting the invitation to speak on the morning of May 25, before the association at its annual meeting to be held at the Chicago Beach hotel, Chicago, May 25 and 26. The subject of Judge Parker's address has not been selected.

Is Crippled for Life.

James Fizzell, of Taylorville, who was injured in the Litchfield wreck, which occurred in July, 1904, and has ever since been in the hospital at Decatur, will be taken home in a few days. His physicians say he will never recover from the injuries he sustained in the wreck.

Trained Nurse Is Insane.

Mary Warner of Rosemond, a trained nurse, was adjudged insane by a medical commission in the Christian county court and committed to the Jacksonville insane hospital. Her condition is the result of overwork and loss of sleep.

Gets Verdict for $875.

Clara Gilmer, who brought suit in pressing a claim for $2,500 against the estate of her mother, was awarded the sum of $875 in the Adams county court.

Veteran Is Insane.

Andrew Gilman of Quincy, a veteran of the civil war, has been declared insane and sent to the asylum in Jacksonville.

Coal Rights Are Sold.

The Jefferson coal company transferred the Woodside mine property at Springfield to Thomas J. O'Gara; consideration, $20,000. Additional property, including coal rights, was transferred, making the total consideration $65,000.

Hurt in Wrestling Bout.

While having a friendly wrestling match, George Rookest threw Peter Nilson through an open hatchway at Litchfield, causing injuries which may prove fatal.

Heliographing a Butterfly.

Collectors that would succeed must be masters in resource. There was a Morpho becuba at the mouth of the Amazon river that had long baffled capture till one day an ingenious huntsman used a mirror that sent flashes of the sun in every direction, and the insect became inquisitive about being heliographed, and came within striking distance of the net. Jacob Doll, the famous old collector for the Brooklyn Natural History museum, told the writer how a certain caterpillar had long dodged him. He knew its haunts in a general way, but could not locate its exact hiding place, until he saw a bird fly by twice, each time with the green thing in its beak. So he followed the bird and found the worm. Showing that the collector must act quickly, Mr. Doll tells how he saw a rare female well up on a tree, turned to call his companion's attention and saw a pair of wings lying at the foot of the tree. A bird had darted in and clipped the wings, eating the body. Of a certain species males were lacking, so he hung a captured female on a Texas tree and males, a hundred strong, rallied round, though they had been invisible to the collectors for the preceding month.

A Great Discovery.

Clayton, Tex., May 1st.—(Special)—That a genuine cure for Diabetes has been discovered is the opinion of Mr. J. H. Bailey of this place. Speaking of the matter, Mr. Bailey says:

"I believe Dodd's Kidney Pills is the best remedy for Diabetes and the only one that has ever been discovered that will cure Diabetes.

"I have a genuine case of Diabetes. I have taken seven boxes of Dodd's Kidney Pills and am still taking them. They have helped me so much that I am now up and able to work some. I believe that if I had conformed strictly to a Diabetes diet I would now have been completely cured."

Dodd's Kidney Pills have cured hundreds of cases of Diabetes and never once failed. It is an old saying that what will cure Diabetes will cure any form of Kidney Disease and that's just exactly what Dodd's Kidney Pills do. They cure all kidney diseases from Backache to Bright's Disease.

Woman Given Military Funeral.

Mrs. Elizabeth Malone, whose father was a life guardsman, and who spent all her sixty-four years with the British army and died after forty years' service as assistant matron of the Royal Military college at Sandhurst, had a military funeral recently. Her body was borne to the grave by staff sergeants and detachments of the life, grenadier, Coldstream, Scots and Irish guards marched in the funeral cortege.

$100 Reward, $100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address F. J. CHENEY & CO., Toledo, O.

Sold by all Druggists, 75c.

Take Hall's Family Pills for constipation.

Prominent in Many Lines.

Capt. George Washington Baird, superintendent of the state, war and navy building, Washington, placed on the retired list, aside from his excellent war record, is a scientist, writer and inventor of some pretensions.

Not to Be Caught.

Willie Bachelor—"I see a New York woman has just caught a burglar."

Bobbie Bachelor—"As you value your freedom, Willie, keep out of the burglar business."

Rise Is Rapid.

Lorenzo Alexis de Clairmont, chief of staff to President Cabrera of Guatemala, was a ticket taker in Denver twelve months ago.

THE END OF THE GRIP

REACHED AFTER EIGHT YEARS OF COMPLICATED TROUBLES.

Deafness, Hissing Sounds in Head, Stomach Disorder, Palpitation of Heart and Debility Overcome at Last.

Mr. Newman certainly had a very tough time with the grip, and it is no wonder that he thinks that the remedy that cured him can't be beat. His case shows how profoundly grip poisons the system and how obstinately it resists all ordinary efforts to eradicate it.

Few cases can be worse than Mr. Newman's for he had head, heart and stomach troubles combined with great weakness. He recently said:

"The attack of grip which I had eight years ago left me in a very bad fix. I became nearly deaf and my head ached continually and was filled with hissing and roaring sounds. My heart fluttered and had regular running-away spells. My stomach was so sore that I could hardly bear a touch on that part of my body. I had a great deal of pain in the region of my liver and the doctor said that organ was enlarged. My kidneys ached so at times that I could hardly stand."

"Didn't you give up and go to bed?" he was asked.

"No, I simply wouldn't. My head and my back ached dreadfully, but I obstinately dragged myself about, kept growing worse and finally ran down to almost nothing."

"What did you do to get relief?"

"First I tried a doctor, but he did me no good. Then I took all kinds of advertised preparations but nothing proved helpful until I began to use Dr. Williams' Pink Pills. As soon as I got them I knew that I had at last hit the right remedy for my case. The very first box did more for me than anything else I had ever taken. They gave me relief right away and in three months they positively cured me. I think I was scarcely ever in better health in my life than I am at present."

Mr. William A. Newman is a well-known Camden county farmer, living at Sagrada, Missouri. His case was a severe test for any remedy, but Dr. Williams' Pink Pills met every requirement. Other remedies merely drive the poison of the grip into hiding, but Dr. Williams' Pink Pills drive it out of the system. They are sold by every druggist.

Easy.

"Pride is like summer."

"Why?"

"It goes before a fall."

THE NEXT MORNING I FEEL BRIGHT AND NEW AND MY COMPLEXION IS BETTER.

My doctor says it acts gently on the stomach, liver and bowels and is a pleasant laxative. This drink is made from herbs, and is as easy to make up as easy as tea. It is called "Lane's Tea" or

LANE'S FAMILY MEDICINE

All druggists or by mail 25 cts. and 50 cts. Buy it to day. Lane's Family Medicine moves the bowels each day. In order to be healthy this is necessary. Address, O. F. Woodward, Le Roy, N. Y.

DE LAVAL CREAM SEPARATORS

Save $10.- Per Cow EVERY YEAR OF USE

Over All Gravity Setting Systems And $3. to $5. Per Cow Over All Imitating Separators.

Now is the time to make this most important and profitable of dairy farm investments. Send at once for new 1905 catalogue and name of nearest agent.

THE DE LAVAL SEPARATOR CO.
Randolph & Canal Sts. CHICAGO | 74 Cortlandt Street NEW YORK

Blood

THOMAS A. EDISON, the inventor, in mapping out the problems of the future, gives first place to the necessity of fighting the bacteria which give us our diseases. Next to the actual bacteria of disease, the mosquitos and flies are the most dangerous enemies of man. The mosquito with its bite injects into our veins malaria, yellow fever, and other fatal troubles. The fly, with spongy feet, collects the invisible germs of diseases, spreads them over our food and poisons us with typhoid, cholera and other plagues of the human race.

GOOD RED BLOOD OUR AMMUNITION.

The blood which flows through our veins and arteries should contain healthy red blood corpuscles which are capable of warding off the attack of the disease germs if they get into the system.

Dr. Pierce, the eminent physician of Buffalo, N. Y., says, "if each person will consider his system as an army of men which he controls as a general, and will see to its proper provisioning and that it has plenty of ammunition in the shape of good red blood, he will be able to overcome the enemy in the shape of the germs of disease." Every healthy person has five million red blood cells or corpuscles to every square millimeter of blood. The number of red blood corpuscles in the average human being is so great that it is almost incomprehensible. However, their numbers increase with health or decrease with illness or malnutrition. The best tonic for increasing the red blood corpuscles and building up healthy tissue is no doubt Doctor Pierce's Golden Medical Discovery. This medicine has been on the market for over a third of a century and numbers its cures by the thousand.

A tonic made up largely of alcohol will shrink the corpuscles of the blood and make them weaker for resistance. A cod liver oil makes the stomach groan because it is irritating. What is needed is an alterative extract made of roots and herbs, without the use of alcohol, that will assist the stomach in assimilating or taking up from the food such elements as are required for the blood, also an alterative that will assist the activity of the liver and cause it to throw off the poisons in the blood. When we have accomplished this we have put the system in a fortified condition so strong that it can repel the germs of disease which we find everywhere—in the street-cars, the shops, the factories, the bedrooms, wherever many people congregate, or where sunlight and good air does not penetrate.

Accept no substitute for "Golden Medical Discovery." There is nothing "just as good" for diseases of the stomach, blood and lungs.

Dr. R. V. Pierce, Buffalo, N. Y.:

Dear Sir—Your "Golden Medical Discovery" is a sick man's friend. For the past seven years my health gradually failed. I lost my appetite, became nervous and debilitated, very despondent, and unable to sleep. No medicine helped me until I tried Doctor Pierce's Golden Medical Discovery. It put new life into my veins and increased vitality until I could once more enjoy life and attend to my business. Eight bottles effected a complete cure and gladly do I recommend it.

Very sincerely yours,
GEO. N. TURNER,
2026 California St., Denver, Colo.
Ex. Financial Secretary International Brotherhood of Teamsters.

The bible of the body is the name given to Dr. Pierce's Common Sense Medical Adviser, of which over two million copies have been sold. Send 21 cents in one-cent stamps, for this 1000-page book in paper covers, or 31 stamps for the cloth-bound. Address Dr. R. V. Pierce, Buffalo, N. Y.